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## Gurwin Center produces very special calendar

Filled with upbeat stories and wisdom, calendar shows 'beauty of the ages'

BY ELLEN BARCEL

Many years ago, in TV's infancy (1950 to 1956), a popular show was on the airwaves known as "Life Begins at 80." Four octogenarians answered questions from viewers, giving them advice. The idea was not new. Many societies have long known that with age comes wisdom.

The Gurwin Jewish-Fay J. Lindner Residences in Commack has taken the idea one step further. It has produced a calendar for 2013, "From Generation to Generation, L'dor v'dor," advice for the next generation.

The 13 people featured in the calendar are all over 80 and some are in their 90s and above. The advice they put forward is varied. Esther Kaplan, age 88, reminds everyone, "Eat healthy so you can live a long life." Your doctor would definitely agree with that one.

Jules Sachson, 95, had a long career in law enforcement. He advises, "Find a career you enjoy. If you love your work, it isn't really work at all."

Noted Dennine Cook, community relations coordinator for Gurwin, "He was the lead investigator in the Serpico trial ... He's a very interesting man. He was in the book." The book she's referring to is "Serpico" by Peter Maas about police corruption in New York City.

Shirley Leos, age 90 and a practicing psychologist would agree with Sachson's advice. She continues to counsel her longtime patients over the phone. Her advice, "There is so much these days to distract one from actually hearing what others are saying. Listen before you speak. Really hear."

Fay Cohen, age 90, has been a painter all her life. Noted Cook, "she still paints and conducts classes for other residents. Cohen's advice, "See the details."

Helen Stemple, 99, a retired schoolteacher and lifelong volunteer advises, "Teach your children to volunteer."

The idea for the calendar came out of a brainstorming session at the center, said Cook. "A lot of our residents like to tell stories — they're living history." Some of the residents survived the Holocaust while others are veterans. They have "remarkable stories" to tell.

The residents noted, "I wish young people would understand what's important — learn from our experiences."

Cook added, "Older people have such a wealth of experience and knowledge," but unfortunately our society doesn't always see that, doesn't always value the experience. They just see "old men" but they're so much more than that.

The process of making the calendar was "so much fun," Cook noted. "These 13 people feel valuable." Photography was done by Tony Lopez and Cook did the layout but the calendar was professionally printed.

The calendar was debuted at the Book Revue in Huntington recently where over 80 people came to talk to the seniors and have them sign their calendars. "It was a real heartwarming night."

The calendar is available for a donation of \$12.95 (includes postage). Email [lindnerresidences@gurwin.org](mailto:lindnerresidences@gurwin.org) or call 715-2562. The calendar is also available at the Book Revue in Huntington.



Photos from Gurwin Center calendar

Top, Herman Gancz, 84 (September) urges, "Be confident;" bottom, Gussie Birn, 88 (October) advises "Respect Others."